

use of a hot iron. The reaction, like secondary action in general, is sudden and more permanent than the primary. Thus the more lasting result of alcoholic liquor is sedative; depressing and not stimulating. To overcome this reaction, more and more liquor is required and physicians order it to be repeated oftener and in a more concentrated form. The system soon becomes depressed, the vital processes retarded and death ensues.

As a food, it must be understood that it is not a food in the sense of nutriment. It diminishes the rate of tissue metamorphoses and does not build up wasting tissues like meats, vegetables and fruits. Thus alcohol produces destructive changes in the stomach, liver, kidneys, blood vessels and brain, preparing the way for disease and the grave, or else the patient recovers only by passing through a long convalescence, to become perhaps a victim of the drink habit.

I will now read you what able physicians say of alcoholic liquors as a medicine.

"I only use alcohol in fevers applied externally to increase evaporation from the skin and reduce temperature."

"I have substituted hot milk for alcohol and find it quite as efficient."

"I have been practicing in Baltimore for many years and my books show that over 44,000 patients have come under my treatment, and not in one single case have I recommended or prescribed fermented or distilled liquors."

"It is a rule with me never to prescribe it if it can be avoided. Many physicians are too lax on this subject. Physicians should teach that alcoholic liquor is a poison and should not be taken for all sorts of ailments."

"It has been my invariable rule to substitute agents possessing the properties of diffusible stimulants for the products of the still and the vat. My clinical experience leads me to the conclusion that distilled and fermented liquors primarily stimulate (creating a false condition) and upon the suspension of their use, they leave as results an enfeebled heart, a depressed system and a morbid thirst that if not controlled leads the unhappy victim to destruction."

"I feel it my conscientious duty to discontinue the use of an agent that is so potent for evil and so powerless to accomplish any lasting good. So far from aiding nature to repel disease I am of the opinion that it does more to help the disease to destroy the patient."

A sufficient number of quotations have been given, but I shall give one more from a physician whose name is familiar to every physician and student of medicine and whose life is filled with important work. A man who stands at the head of the medical profession, known and respected throughout the world. The quotation is from Dr. Nathan S. Davis, popularly known as the "Father of the American Medical Association" and founder of the medical department of the Northwestern University of Chicago, and now dean of its faculty. He was the presi-

dent of the International Medical Congress which met in Washington in 1887. Dr. Davis says:

"I can say that a wide experience in hospital practice has enabled me to prove conclusively that every variety of disease to which the human body is subject, can be treated more successfully without the use of alcoholic liquors, than with them. I have been actively engaged in the practice of medicine for fifty-seven years."

"Forty years of that time I have had charge of a large part of the medical patients in the Mercy Hospital, the oldest and one of the largest in this city. It took me the first ten years to learn the positively injurious effect of alcohol as a remedy, and during the last thirty years no patient in my ward or under my care has been allowed to take any kind of alcoholic liquor. The result has been most favorable."

"Your letter asking what remedies can be used with reliable effect when the patient really needs a quick and diffusible stimulant, is received, and I answer, any one of the following: A cup of hot beef tea, coffee or tea, carbonate of ammonia, camphor, musk, or oxygen gas; and for more permanent support as a true cardiac, vaso-nistor and respiratory tonics, proper doses of digitalis, cactus, strophanthus, convallaria, and strychnine or nuxvomica and always plenty of fresh, pure air."

"It must be a very defectively educated doctor, who cannot find among the foregoing remedies an agent to meet all the real indications in sickness or accident."

Believing we have shown that the medical profession can do without alcoholic liquors, the question arises, Why do the public in general desire it? A traffic that destroys 90,000 persons annually! A greater number than die from any one disease. Now, let us suppose that small pox, diphtheria and scarlet fever are raging in our sister county of Rockingham, and we physicians of Shenandoah do nothing to prevent the disease from entering our county, but invite it into our midst to enrich ourselves, what would you think and say about us? I tell you our backs are broad, but not broad enough to carry the load of epithets and anathemas you would hurl at us.

Are you not doing the same thing by permitting the whisky traffic to continue, thereby destroying many lives? If we physicians have a right to protect your lives from contagious diseases, surely we ought to have the right to warn you of the danger of the deadly liquor traffic and we should do it in thundering tones. Since 90,000 drunkards die annually, it is plain that 90,000 innocent ones learn the drink habit annually. What remedy is suggested? My answer is to work upon these innocent ones making every effort to remove this influence from them. If we can prevent the formation of the drink habit the bar keeper will soon have no customers, for the old toppers will soon die off.

If it were possible I would cut off the fountain head by closing the distilleries and bar

rooms. Some say that with proper training and prayer the child is safe. What would you think if I were to give an infant child a razor and then fall upon my knees and pray God to protect that child from injury? The absurdity is apparent. God requires of us works as well as prayer. What we can do ourselves he will not do. One says, I drink a little now and then. Yes, it likely is a little more now and then. That man stands on his high pinnacle of pride and looks down in disgust upon the drunkard who has traveled the same road and lost control of himself. Spurgeon says grape juice has killed more than grape shot. I warn the man on the pinnacle to be careful lest he be struck by a cannon ball.

One rarely drinks alone and I regard that man worse than a thief who offers an innocent one a drink of liquor. I would rather one would break into my house and steal my house and steal my goods than to steal my boy's good habits. The germ of the drink habit lies in the first glass. The church of God is the noblest and grandest institution on earth. Has it marshalled its forces against the whisky traffic? To my knowledge it has not. In conclusion I will say to the members of this society and all who profess to love the Lord Jesus Christ and purity, and to be the enemies of all uncleanness and debauchery,—to such, I say take sides on this important question and march side by side and shoulder to shoulder to overthrow this great evil.

Our Young People

PRACTICAL APPLICATION OF THE BEATITUDES—Matthew 5:1-12

Topic for January 23.

Among the the most familiar and yet least applied sayings of our Savior are the beatitudes or blessings. They are regarded by too many like the high-sounding platitudes of a political speech,—something to be admired but not practiced. It is worth while to devote a lesson to their study that we may take each one and say "Just what can this mean and how will its application affect my life." Below are given a few Scripture references enlarging the thought of each one.

1. For the poor in spirit, Ps. 9:12; James 4:6; I Peter 5:5.
2. For them that mourn, Luke 4:18; II Cor. 1:4; I Thess. 4:18.
3. For the meek, Ps. 37:11; Matt. 11:29; I Pet. 3:4.
4. For them that seek righteousness, Luke 12:29-32; Rom. 8:10; Rom. 14:17.
5. For the merciful, Prov. 14:21; Luke 6:36.
6. For the pure in heart, Heb. 12:10-14; Titus 2:3.
7. For the peace makers, I Peter 3:11; Ps. 37:37; Luke 2:14; Jas. 3:18.
8. For the persecuted for righteousness sake, John 15:20; II Tim. 3:12; II Cor. 4:9; Mark 10:30; II Cor. 12:10; I Peter 4:12-16.
9. For the cheerful giver, II Cor. 9:7; Acts 20:35; Mal. 3:10.

For short talks the leader can assign each of the above topics and elicit general talks by questions as to the meaning and application of each one.

C. F. YODER.